



CHILD STUDY & TREATMENT CENTER
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Lakewood Washington, 98498
(253)756-2384



ORCAS COTTAGE PROGRAM

REVISED SEPTEMBER 2007



WELCOME TO THE ORCAS COTTAGE PROGRAM!

The Orcas Cottage Program

Orcas Cottage is a program for older adolescents within the Child Study and Treatment Center (CSTC), the Washington State psychiatric hospital for children and adolescents. The focus of the Orcas Cottage program is to provide extended psychiatric treatment in order to help adolescents develop the skills necessary for them to return to their families and communities.

We primarily use a type of therapy called Dialectical Behavior Therapy (DBT). Don't let the big name fool you, it is just a way of teaching skills that will help you be successful in life. This type of therapy teaches us that everything a person does is for some reason. We work with you to figure out what the reasons are for actions that get you into trouble or hurt, and help you find better ways to solve your problems and meet your needs.

We are committed to fostering an environment of nurturance and recovery on Orcas Cottage by using the strategies of Positive Behavioral Support. Positive Behavioral Support (PBS) is a system that we use across the campus which emphasizes teaching youth the skills they need to be successful when they leave CSTC. Using PBS, everyone at CSTC tries to model, teach, and coach the youth as they learn four basic expectations:



Respect

Treat others the way you want to be treated.
Show Kindness and Consideration.
Like yourself enough to be yourself.



Responsibility

Learn to control your own behavior.
Take care of yours and other's belongings.
Do your part when working together.



Commitment/Support

Do what you say you are going to do.
Stay focused on your goals.
Support others.



Safety

Listen and follow directions.
Be in control of your own behavior.
Ask for help when you need it.

Each youth in our program has an individualized treatment program but all of the youth have these basic behavioral expectations in the milieu (or therapeutic environment) and the job of all of us is to help teach these essential skills for community living.

What Positive Behavior Support means to you and your family

The Orcas Cottage staff are committed to helping you meet your goals by providing effective treatment in a place that is safe for everyone living and working here. Here's what you can expect of us and what we expect of you.

Our Commitment to You:

- We will try our hardest to abide by the positive behavior support expectations of respect, responsibility, commitment/support and safety.
- We will tell you and your parents or guardian the truth.
- We will listen to you and your parents or guardian.
- You and your parents or guardians are a part of the treatment team. We want you to help us decide the best ways to help you.
- You and your parents or guardians may talk freely with the staff. Information about you is shared with the staff, treatment team members, teachers and your community team so we can work together to help you.
- We will do our best to treat you as an equal and respect your rights to make your own decisions as long as you are safe and understand the consequences of those decisions.
- **We will tell you:**
 - Who we are
 - What we do at the hospital
 - Why you are here
 - What the team thinks will help you
 - We will explain all these things in ways you can understand.
- We will help you do what you need to grow, learn, and have hope for the future. You are not here to be punished.
- If you are hurt, we will do what we can to help you feel better in a safe way.
- Your religious, cultural, and personal traditions are important to us and we will try to help honor them.
- Your family and friends can be with you when the hospital rules say it is okay.
- Your parents or relatives can contact you, take you home or visit when they and the treatment team and you agree it would be a successful visit.
- You may have access to your chart when staff is available to help you understand it.
- We will explain to you and honor your rights as a youth.
- If you think we are not keeping our commitments, tell a staff member so we can work together to solve the problem.
- If you feel that this does not solve the problem then you can fill out a grievance form and we will look into the problem and get back to you.

Our Expectations of You

- We expect that you and your family or guardians will abide by the Positive Behavior Support expectations of respect, responsibility, commitment/support and safety.
- We expect that you and your family or guardians will be partners with us in your treatment.
- We expect you and your family or guardians to follow the expectations in this program manual.
- We expect that you and your family or guardians will respect the confidentiality of other youths but tell us if you have information about another youth's safety.
- We expect you and your family or guardians to actively work in treatment to the best of your abilities.
- We expect that you will do your best to be honest and honor all contracts and agreements that you make with us.
- **We expect that you will be honest with us about:**
 - Your health and your history
 - Any changes that you, your parents or guardians notice about how you are doing.
 - What works for you in treatment and what doesn't?

- Any medicines you take
 - Your family's needs or worries
 - Any religious, cultural, and learning needs
 - When you make mistakes and break the rules or engage in unsafe behaviors.
 - Keeping commitments that you make.
- **We expect that you will ask questions about:**
 - The papers you, your parents or guardians are being asked to sign
 - Any words we use that you do not understand
 - Why you are here and what we are doing for you

- ❖ **Concerns About Your Care:** If you, your family/guardians, or other support people in your life have concerns about your care, we urge you to speak directly with any of the Orcas staff about your concerns (please see the who's who list for names and phone numbers). If you would like support in expressing your concerns you can fill out a **Youth Grievance Form** and the cottage supervisor, program director or the Director of Nursing will meet with you to discuss the issue and figure out how we can resolve the problem. You may also use the **preprogrammed telephone** in the day hall to make a private phone call to either the CEO, Disability Rights-Washington (DR-W) or the Department of Assigned Counsel. The CEO will receive your voice message and respond directly to you. DR-W has advocates who work with adults and youth with developmental disabilities or mental illness who feel their rights have been violated. The Department of Assigned Counsel has court ordered attorneys that are assigned to youth at CSTC when the youth is ordered to stay for involuntary treatment. You may use this phone outside of school hours and when your behavior is safe.

If you are a parent or family member you are encourage to talk to the Program Director (Dr. Keri – 253-756-2989). If you would like to make a formal complaint, you may obtain a copy of the Family Member/Guardian Grievance Form and a copy of the Family Member/Guardian Grievance Policy at the reception desk. You can also contact **Disability Rights-Washington** which is an independent advocacy service that investigates and mediates concerns /care of people with disabilities throughout the State of Washington (1-800- 562-2702).

ORCAS PROGRAM OVERVIEW

There are actually several programs that make up the Orcas Program. All youths are on the **Level System** or the **Incentive Points Program (Program)** and may have special individualized programs based on their treatment needs.

- ❖ **Dialectical Behavior Therapy (DBT)** is used for impulsive behaviors, such as self-harm, aggressive behaviors, disordered eating, and substance abuse. DBT teaches skills such as mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance, and gradually results in better ability to control your emotions.
- ❖ The **Level System** is based on increasing privileges as you demonstrate increasing ability to maintain responsibility for your behavior. Daily point sheets keep track of how you do in things like hygiene, getting along with others, following directions, shared living responsibilities and school. You also receive daily ratings on specific goals from your treatment plan.
- ❖ **Jerome Bucks** are a way to reinforce positive behavior in the moment. You will earn these for positive participation and actions. You can spend them in the Jerome Store for various cool items.
- ❖ The **Sexual Safety Pathway** promotes the learning of appropriate sexual and interpersonal boundaries. This is based on 1) keeping youths in places where they cannot hurt others sexually, 2) teaching youths to understand their behavior, 3) teaching them problem-solving skills.
- ❖ **10.77** is a term that refers to Revised Code of Washington (RCW) state law 10.77 under which Juvenile Courts can order youths here for evaluation and “restoration” treatment

for competency to stand trial. Youths who come to Orcas under these orders are usually here for limited periods of time (specified in court orders) and for limited treatment (for the evaluation and treatment of specific problems that interfere with competency in legal proceedings). Youth who are here under a 10.77 order are not allowed off-campus during their time at CSTC. They are not allowed to go off the cottage to groups and activities without the permission of the treatment team and, if they came to CSTC from being held in court custody (i.e., detention) the court that ordered them to CSTC must also give permission for them to go off-cottage. If patients in this situation display safe and responsible behavior then we will make every effort to give them the opportunity to take advantage of as many off cottage activities as can, but of course this is always up to the court. We simply write a letter to the court asking that you be able to participate in more activities and the court says “yes” or “no.”

Levels of Observation:

Extra Vigilance, Close Observation, Maximum Precaution

CSTC often has youths who present with the risk of suicide, running, and inflicting harm to self or others. To reduce the risk, CSTC staff use three distinct levels of observation:

- ❖ **Extra Vigilance:** requires that the youth be checked every 15 minutes by staff, the youth may leave the cottage under staff supervision, but may not leave campus. Potentially dangerous items may be removed from the youth’s room.
- ❖ **Close Observation:** requires that the youth is always in direct sight of a staff, confined to the cottage, sleep in an observable area, and be accompanied everywhere by staff. The youth may participate in school and recreational therapy programs per Doctor's order. Potentially dangerous items will be removed from the youth’s room.
- ❖ **Maximum Precaution:** the youth has one-to-one constant supervision by staff, is confined to the cottage, sleeps in an observable area at all times, and is accompanied everywhere by staff. Potentially dangerous items will be removed from the youth’s room.

The **Close Attention Program** is designed for youths who need closer attention due to concerns related to 1) aggression, 2) self-harm behaviors or thoughts, 3) inability to maintain their basic activities of daily living (ADLs) without close supervision, or 4) persistent disruptive or destructive behavior.

Safety Plans and Seclusion (Quiet Rooms): When you first arrive, your mentor will meet with you and fill out a safety plan. This is a very important plan that tells us what triggers you to get you upset, what it looks like when you start to get upset, and how we can help prevent you

from getting upset. Sometimes when youth's Safety Plans don't work and they are doing something that puts them in immediate risk of harm to themselves or others, they may be physically restrained by our specially trained staff (PCCC's and Nurses) and/or placed in our quiet room to calm down. Every effort will be made to avoid this as we do not believe that physical force is a good solution to any problem, but if it happens you will be allowed to return to your regular activities as soon as you demonstrate you can be safe again.

Calming Room: Our cottage offers a really cool calming room where you can go if you need to calm down. There are bean bag chairs, colored lights that can be adjusted to suit your preference and you can listen to music through the stereo in the room or in the chair specially designed to play music through an mp3 player. You should think of this room as a better alternative to the calming room and you are welcome to use it when you need it.

Treatment Planning: At the time of admission, you, your family, your community support team and the treatment team will draw up a list of issues that you need to work on and an initial Treatment Plan. During the first two weeks, you will receive physical and laboratory examinations when appropriate, a dental check-up, hearing screening, vision screening, and an educational evaluation. We will discuss your progress with you at Treatment Plan Reviews which are held at 14, 30, and every 60 days after admission. Your CSTC treatment team, your family, and other members of your community treatment team are invited to participate in Treatment Plan Reviews.

Individual Behavior Plans: We often create a special behavior plan to help you be successful. This is set of instructions for the staff on how to best help you. It may involve reinforcers and/or specific consequences for certain behaviors or guidelines as to how to coach you through difficult times. No two people are the same in terms of what helps them and what doesn't. We need your help to figure out what works best for you.

The Educational Program: Youths of Orcas are provided educational services through Firwood Secondary, which is located on the CSTC grounds and is a part of the Clover Park School District. It is a unique school, in that all of the teachers are highly trained and experienced in teaching adolescents with emotional and behavioral disorders. Each class has approximately 8-10 students, a Para-educator, a teacher and 1-2 Psychiatric Child Care Counselors who will go with you from the cottage and stay with you throughout the day. Each student will receive an educational assessment, and the school staff contacts your guardians and your community school to help develop an educational plan based on your unique learning needs. The successful completion of any high school subject may earn credits that can be transferred to any high school attended in the future. Youth who are here under a 10.77 order will receive educational services on the cottage unless they have explicit permission of the treatment team and the court that ordered them to CSTC.

There is one classroom located right on the cottage that helps kids who are not quite ready to go across campus to Firwood High School.

We feel strongly that school is one of the single most important activities in an adolescent's life. That's why our school program is a very important part of your treatment program here

and you will be expected to attend everyday. Many students who come to CSTC have been unsuccessful in other school settings and we understand that this might be a big challenge for you. But we are committed to helping you be as successful as possible in an educational setting. Our PCCC staff will attend classes with you and will be there to help support you. The Treatment Team works closely with the educational staff to make sure that your treatment and educational needs are well coordinated. You will carry a Passport between school and the cottage, which will list your points for each day at school (which are part of your cottage points) and it will also have your homework assignments which you will be expected to complete on the cottage in the evenings. Youth who refuse to go to school or are late (without excused absence) will be put on the Reassessment Level of the cottage program for 24 hours.

Cottage Layout: The Orcas cottage layout consists of the day hall, a TV room, the dining room (meals, snacks, and group meetings), kitchen, nurses station, conference room, and office areas. The cottage also houses the Close Attention Program (CAP), which includes a multipurpose area, a dining room, bathrooms with showers, and 7 single bedrooms. All youths will initially begin their treatment on Orcas on CAP, but they may “graduate” to the General Program side of the cottage as they demonstrate the ability to be more independent and responsible in their treatment. Some youth may remain on CAP if they need closer attention due to concerns related to 1) aggression, 2) self-harm behaviors or thoughts, or 3) inability to maintain their basic activities of daily living (ADLs) without close supervision, or 4) persistent disruptive or destructive behavior. On the GP side of the cottage there are two pods (one for boys and one for girls), that have bathrooms, showers, a tub room, and 4 single bedrooms each. In all, there can be up to 15 youths on Orcas Cottage. Youths must ask permission to enter any area other than their pod and the day hall. **Going into another youth’s room is not allowed. Propping your door open or tampering with the lock on your door is not allowed.**

- ❖ **Cottage Routine:** The Orcas schedule is highly structured and includes meal times, school hours, group meetings, recreational activities and community outings, and bedtime. The specific groups and activities that the youths participate in depends on their needs and the time of year (we have many seasonal activities). A youth’s schedule depends, in part, on how they are doing in the program and how safe their behavior is (See the Orcas Schedule attached to the back of the program).
- ❖ **Visits and Passes:** Families and community team members are an important part of your care here at CSTC and their support of you is essential. Adults over the age of 18 (and siblings under 18) are welcome to visit as long as they are approved by your legal guardian and are pre-arranged with the social worker. Although there are no set visiting hours, visits should take place during the times that you are not in school, recreational therapy, or group therapy. In general, visits and passes should end by 8:00 PM. Visits may be off-campus when you demonstrate responsible, safe behavior. Passes to visit home can be part of the treatment process. This will be an individualized decision determined by the Treatment Team, and your family or guardian.
- ❖ **Telephone Calls:** You may receive phone calls on the cottage phone (no cell phones are allowed on cottage). The cottage cannot accept any collect calls. You may only receive

and make calls to people on your approved phone list. Unless specifically prohibited by the Treatment Team, you may call your parents, guardians, attorneys, or caseworkers at reasonable times, once each day. Please try to limit all phone calls to 15 minutes in length and between 2:30 pm - 8:30 pm on weekdays and 9:00 am - 8:30 pm on weekends. You have the right to contact **Disability Rights Washington** (formerly known as The Washington Protection and Advocacy Service or WAPAS) at any time, as long as you are not presenting dangerous behavior with the telephone. Based on your treatment needs, your phone calls may be monitored (staff stay nearby and listen to you as you speak on the phone) or supervised (staff listen to your call on speaker phones).

Orcas Youth Phone Numbers:

253 – 756-2384

1-800-283-8639

- ❖ **Mail:** You are encouraged to write letters to your friends and relatives. You will receive any mail that is sent to you unless specifically prohibited by your Treatment Team. Incoming mail will be opened in the presence of staff to insure that no prohibited items enter the facility. Mail can be addressed to youths as follows:

YOUTH'S NAME

C/o Orcas Cottage

8805 Steilacoom Blvd. SW,

Lakewood, WA. 98498-4771

- ❖ **Diet & Food Stuff:** The hospital meets the nutritional needs of its youths. Breakfast, lunch, and dinner are provided as well as snacks. Families are welcome to bring in foods of ethnic origin, and hold family picnics. For health and safety reasons, we request that no food, baked goods, etc. be made for other cottage youths and staff. We also ask that families try to provide healthy and nutritious snacks that are in keeping with are Healthy Dietary Guidelines for the CSTC campus (for more information please ask the nurse or doctors about this). Youths are not allowed to have caffeinated beverages or food after 5 p.m. (No energy drinks or foods/candy, with high caffeine levels are allowed at anytime due to the potential medical problems they can cause).
- ❖ **Concerns About Your Care:** If you, your family/guardians, or other support people in your life have concerns about your care, we urge you to speak directly with any of the Orcas staff about your concerns (please see the who's who list for names and phone numbers). If you would like support in expressing your concerns you can fill out a **Youth Grievance Form** and the cottage supervisor, program director or the Director of Nursing will meet with you to discuss the issue and figure out how we can resolve the problem. You can also contact **Disability Rights Washington** (formerly known as The Washington Protection and Advocacy Service or WAPAS) which is an independent advocacy service that investigates and mediates concerns /care of people with disabilities throughout the State of Washington (1-800-562-2702).

WHAT TO BRING AND WHAT TO LEAVE BEHIND

- ❖ **Belongings:** We have very limited space on Orcas cottage so please do not bring any additional items other than those allowed in your room. **The Orcas staff and CSTC will not be held responsible for the breakage or loss of any personal valuables that youths may bring to the cottage. Please do not bring any single item with a value of \$100 or more.** Do not bring cameras, television sets, tools, knives, weapons, cell phones, or mechanical equipment of any kind. We reserve the right to request that any personal item be returned home. Personal items may be taken away if they are used in an unsafe way. Handheld video game systems (without wireless connections) and portable DVD players are allowed, but only after reaching Investment Level of the cottage program and only after completing a contract to use it appropriately. If you are unsure of whether you should have an item on Orcas, please ask staff or the Treatment Team.
- ❖ **Money:** Youths are allowed to have up to \$10.00 on them at a time. The accounting office will keep funds over this amount in the Youths' Trust Fund. CSTC will give you an allowance (\$5) per month for your own spending. When youth go on outings, they are allowed to spend their own money, but CSTC will pay for basic costs of outings (food, admissions, etc). We urge families and friends not to give youth more than \$20 at any time to avoid the money being used inappropriately. If your parents or family/friends give you money, please let the staff know and have them put in the nurses locked box for safe keeping.
- ❖ **Clothing:** You will be washing your own clothes so they should be easy to care for. Clothing will be free from sexual, drug/alcohol, gang-related or offensive graphics or messages. Pants should fit without being too tight, no sagging with undergarments showing. Shirts should cover the midriff, with no undergarments or excessive cleavage showing. Shirts should have a strap of at least one inch over the shoulder. All clothing should be marked with youths' full names either with sew-on tags or indelible ink.

(Due to a limited space for storage, youths should bring no more than what is listed).

- ❖ The following is a list of suggested clothing items.

1 pair tennis shoes	1 bathrobe	1-3 sweaters/sweatshirts
1 pair hiking shoes/boots	1 pair slippers	1 jacket or coat
6-8 pairs of socks	5 pairs jeans, pants, or shorts	1 swim suit
6-8 underwear, bras	6-8 T-shirts or shirts/blouses	
2 pairs pajamas or nightgowns		

- ❖ **Personal Hygiene and Grooming Products:** CSTC will supply you with generic essential personal hygiene products, but if you prefer a certain brand of product, you may want to provide your own. All products must be in plastic or paper containers and they will be kept in a locked hygiene cabinet outside your room. The staff will lock and unlock your cabinet when you need to get access to those items. Dryers, flat irons,

curling irons or electric shavers will be kept in your hygiene cabinet and used only with staff supervision.

➤ **No Razors, glass containers, mirrors, or aerosols are allowed on the CSTC campus.**

<u>Items allowed in your room on the Close Attention Program (CAP)</u>	<u>Items allowed in your Room on the General Program (GP)</u>
<ul style="list-style-type: none"> • Clothing (1 week supply –see above) • Photographs without frames – no photos of current or past youths • Books & Magazines with appropriate content • Sports Cards (not plastic) • Posters (appropriate content) • Stuffed animals (after being searched) • Washable markers (fine-tipped can be provided for writing) • Comb • Brush • Chairs (only if on Trust Level, at staff discretion) • Stereos played at low volume • 1 to 2 Small Plants (at staff discretion) • CD's (only if approved by staff) • Personal bedding • Art supplies (approved by staff) • ALL OF YOUR PROPERTY MUST FIT INTO THE DESIGNATED "CAP" BIN (THE LID MUST BE ABLE TO CLOSE) 	<ul style="list-style-type: none"> • Clothing (1 week supply-see above) • Photographs without frames – no photos of current or past youths • Books & Magazines with appropriate content • Sports Cards (not plastic) • Posters (appropriate content) • Stuffed animals (after being searched) • Washable markers (fine-tipped can be provided for writing) • Comb • Brush • Stereos played at low volume • 1 to 2 Small Plants (at staff discretion) • CD's (only if approved by staff) • Games including electronic games (approved by staff) • Personal bedding • Writing supplies • Jewelry/earrings (will remove for CO status) • ALL OF YOUR PROPERTY MUST FIT INTO THE DESIGNATED "GP" BIN (THE LID MUST BE ABLE TO CLOSE)

- ❖ **Music, video games, DVDs, TV, magazines, and books:** Media can have a great influence on how you feel and behave. You are encouraged to use these things wisely in your treatment and to make sure that the messages you are being exposed to are healthy and positive.

➤ **Here are our expectations around media use on Orcas cottage:**

- Music, TV, movies, magazines, books, or video games that express excessive sexual content or violence are not allowed on the cottage. If the staff become aware of excessively sexual, violent or parental advisory media in your possession they will confiscate it.
- "R" rated movies and "M" rated video games are not allowed on the cottage without the permission of the Treatment Team. MP3 players can only play music (no video MP3 players are allowed).
- You are encouraged not use media during sleeping hours (unless you have explicit permission from the Treatment Team).

- PSP's, Blackberries, Palm Pilots, or other electronic devices that allow you to download information (videos, Internet access, etc.) or communicate with others (instant messaging, e-mail, etc.) are not allowed on the cottage.
- Electronic devices are not allowed to go from the cottage to the school. The school will supply you with electronic equipment (such as CD players and music) if it is part of your educational or behavior plan.
- Hand held video game systems (e.g. Gameboys) are allowed when you reach Integration Level in the Cottage Level system and as long as the games are not excessively violent, sexual or "M" rated.

WHO'S WHO ON ORCAS COTTAGE

- **Program Director – Keri Clark, Ph.D.**, Dr. Clark develops, oversees, and evaluates the cottage treatment program. He is also member of the treatment team who works with you to develop individualized treatment programs to help you meet your goals. He can be reached at **(253) 756-2989** or clarkkr@dshs.wa.gov.
- **Psychiatrist – Dr. Jon Kuniyoshi**, is a medical doctor. He is a member of the treatment team who will work with you to understand your problems and design a treatment plan to help you meet your goals. If you need any medications, Dr. Jon will review your medications, and work with you to find the most effective combination of medications. Each new youth has an interview with Dr. Jon and has a physical examination shortly after being admitted. Dr. Jon can be reached at **(253) 756-2384** or **(253) 954-6159**.
- **Social Worker – TBD (in process of hiring a new SW at the time of this writing)**, is the Orcas Cottage Social Worker. She is a member of the treatment team who will have regular individual meetings with you to discuss your treatment progress and discharge goals. Ms. Larkey plays a key role in intake and discharge planning. She also works closely with families and communities to ensure that you remain connected with your communities. She can be reached at **(253) 756-2379** or larkekl@dshs.wa.gov.
- **Cottage Supervisor – Ed Harris, PCCC3**, is the cottage supervisor. He coordinates staffing, and works with the Program Director to make sure that the cottage runs smoothly. He can be reached at **(253) 756-2391**.
- **Shift Charges:** Each shift has a shift charge: **Neal Stewart & Symantha Horton (Days)**, **Jennifer Snope & Jason Churchwell (Evenings)**, **Nancy Schroff (Nights)**. They are the supervisors who make staffing assignments for each shift and help to make sure your treatment plans are being followed. They can be reached at **(253) 756-2384**.
- **Psychiatric Child Care Counselors** - These staff will help you with any day-to-day questions. They will work you to follow program guidelines and assist you in meeting your treatment goals. They can be reached at (253)756-2384 (See the attached list of staff names).
- **Primary Counselor/Mentor** - You will be assigned a Psychiatric Child Care Counselor who serves as your Mentor. This is the PCCC who works most closely with you, your family, the treatment team, and other community support individuals who represent your interests. If you are not sure who your mentor is, you can ask Dr. Holly or Ed, the cottage supervisor.
- **Nurses** – There is a registered nurse (RN) scheduled to work each shift: **Lowell Cowan RN (Dayshift)**, **Jen Sharp RN (Sundays and Mondays)**, **Carol Watkin LPN**, **Karen Olin**

RN (Tuesday and Thursday Swing shift), Jonah Joldersma RN (Wednesday and Friday Swing shift), Mark Drummond LPN (swing shift), Deborah Babbitt LPN (Swing shift), Nancy Schroff RN, (Nightshift), Rebecca Allen PhD, ARNP (1pm-10 pm). Some of the counselors are also licensed practical nurses (LPNs). Nurses give out medications, make appointments and take youths to medical appointments, give immunizations, provide basic first aid or medical assessments, and can answer any questions you might have about your health or medications. They can be reached at **(253)756-2384 or (253)756-2023.**

- **Recreation Therapists – Hayley Elrod**, is a member of the treatment team who works with you to develop a wide range of healthy and enjoyable activities. She along with the other Recreation Therapist on campus lead recreation therapy groups and activities. Our recreation staff can be reached at **(253)756-2550.**
- **Chemical Dependency Counselor – Amanda Besel, CDP**, is a member of the treatment team who will help you understand the role that alcohol and drugs may have played in your life. She leads groups and sees some youths individually. She works with you to understand the consequences of your choices and to develop tools to avoid drugs or addictions when you leave CSTC. Amanda can be reached at **(253) 756-2553.**
- **Secretary Senior – Stacy Boyd**. Stacy helps track such things as cottage schedules, money, and staffing. Stacy can be reached at **(253) 756-2394.**
- **Housekeeper** – Charlee is the Orcas Cottage Housekeeper. She works with everyone to keep our cottage clean and safe.
- **Cook** – Kim, Rose, John, Becky, and Jesse are our cooks on Orcas Cottage. They work hard to prepare tasty and nutritious meals.

THE ORCAS COTTAGE THERAPEUTIC PROGRAM

Orcas Cottage is a treatment program in which we try to teach you behaviors that can help you be more successful. When you display those behaviors, you earn points and your points will be used to determine your level. Each level marks your progress in the Orcas program and with each level you will gain more privileges, so earning points is important. On each shift, the staff will be awarding you 0-3 points in each of five areas depending on how well you met the four basic expectations in each area; Were you safe?, Were you responsible? Were you committed to your treatment and to your group? Did you demonstrate respect of others and yourself?

❖ Peer Interactions (3 points per shift)

- Safety: Did you show good boundaries?
- Responsibility: Were you responsible and a good role model?
- Commitment: Did you support your peers and give them helpful feedback?
- Respect: Were you respectful to others?

❖ Treatment Participation (groups and community meetings) (3 points per shift)

- Safety: Did you listen to and follow directions?
- Responsibility: Did you actively participate, taking part in discussions, paying attention?
- Commitment: Did you try to do your best and help others to do their best?
- Respect: Did you respect the treatment leader other participants in the activities?

❖ School (during school days) (3 points per shift)

- The points from your passport (1-12) will contribute a big part of your points for days.

❖ Hygiene, Room, and Chores (3 points per shift)

- Safety: Are unsafe items in your blue box and grooming products in your hygiene box?
- Responsibility: Have you kept my room tidy, brushed your teeth, washed your face, showered (or bathed), and washed your clothes.
- Commitment: Have you cleaned your room, done your personal hygiene daily and completed chores to the best of your ability?
- Respect: Did you respect the property of others and the property of the cottage?

❖ 2-3 Individual Goals (18 points per shift)

- These are three goals that are written just for you depending on what skills you need to develop. The treatment team and your mentor will tell you what these goals are and will explain to you how you can display safety, responsibility, commitment and safe risks with each of these goals.

The Level System

During your first 7-14 days on Orcas you will be on the Assessment level as we are getting to know you and the staff will be teaching about the program expectations. After one to two weeks you will start earning points. Night shift calculates the daily and weekly rating scale points. They print the results on Monday mornings.

- ❖ **How to move forward in the level system:** If you would like to move up in levels you must submit an Application for Advance in Levels. Your mentor should work with you to fill this out. Your actual level will be determined by
 - 1) your points,
 - 2) the staff's judgment about the level of effort and progress in treatment that you are showing
 - 3) the amount of thoughtfulness with which the Application for Advance in Level is filled out.
- It is important that you fill out the applications on time, and show that you understand what is expected of you at each level (the section below explains the requirements for each level). Decisions about changes in levels are made during the Cottage Staff Team Meeting (Intershift) on Tuesday's. Eligible youths should complete an Application for Advance in Level form and turn it into the shift charge by 1:00 on Tuesday afternoon.
- ❖ **Maintaining Level:** If you fail to maintain the percentage points required to remain on your current level, your level will be dropped to the level for which you earned the points (If you were on Investment but you only get the points for Integration, your level drops to Integration). All levels are given a five- percent "fudge factor". (Example: Trust Level requires 90% to attain and can not fall below 85% to maintain).

Level I: Assessment

The aim of this level is for all staff to become familiar with you, to better understand your particular issues and strengths, and to be mindful of safety needs and begin to tailor treatment that will meet individual discharge goals.

❖ **Assessment Responsibilities**

- ☆ Attend school, assigned groups, individual/family therapy, and on-campus recreational activities.
- ☆ Follow community rules and guidelines.
- ☆ Discuss treatment goals with counselor (at least 15 minutes per shift).
- ☆ Be in bed by 9:00 PM on all nights.
- ☆ Work with your mentor to develop a list of problems you need to work on while at CSTC.

❖ **Assessment Privileges**

- ☆ May attend supervised on-campus activities and rare, special all-cottage outings, after five days on cottage, unless on you are on a 10.77 order.
- ☆ One call to a friend (approved by your guardian, Treatment Team and written on your approved call list) per week (15 – minute limit).
- ☆ Have access to table games, cards, reading and writing materials.
- ☆ Allowance of \$2 per month.

❖ **Special notes about Assessment Level**

- ☆ All activities will be based on current behavior and are at staff discretion.
- ☆ New youths must be at CSTC for 5 days before attending on-campus activities, unless the Treatment Team determines otherwise.
- ☆ The 14-day Treatment Plan Review must be completed before new youths can participate in off-campus activities, unless PCCC2, PCCC3, or clinical leadership determine otherwise **(youths on a 10.77 order are not allowed off-campus)**.
- ☆ Must earn 70% of possible points to request advance to the Integration Level.
- ☆ Minimum time spent on Assessment Level is 5 calendar days.
- ☆ Must be in bedroom by 9:00 PM on all nights, including weekends.

Level II: Integration

The aim of this level is to help you become familiar with expectations surrounding treatment. On Integration you should understand the basic schedule and rules and how you are focusing on participating in treatment.

❖ **Integration Responsibilities**

- ☆ Must meet all Assessment Level Responsibilities.
- ☆ PARTICIPATE in school, groups and therapies offered or assigned.
- ☆ Work with mentor to develop a set of goals while at CSTC.
- ☆ Meet 70% of possible points.
- ☆ Complete all routine medical expectations and psychiatric testing.
- ☆ Interact with the staff more frequently.
- ☆ Be in bed by 9:00 PM on school nights and 9:30 PM on Fridays and Saturdays.

❖ **Integration Privileges**

- ☆ All Assessment Level privileges.
- ☆ Two calls to friends (approved by your guardian, Treatment Team and written on your approved call list) per week (15-minute limit).
- ☆ May play the cottage video game system or personal hand-held game system for 30 minutes per shift during free time.
- ☆ May checkout the cottage portable DVD player (**limit 2 hours per day**) during free time.
- ☆ May attend off-campus cottage outings at staff discretion.
- ☆ Allowance of \$2 per month.
- ☆ Possible off-campus outings with family, caseworker, or other adult (If approved by Treatment Team).

❖ **Special notes about Integration Level**

- ☆ All activities will be based on current behavior and will be at staff discretion.
- ☆ Minimum time spent on Integration Level before consideration of Investment Level is 7 days.
- ☆ Must earn 80% of the rating scale points for a request of advancement to the Investment Level.

Level III: Investment

The aim of this level is to have a good sense of what you have to do to be discharged and you should be doing what it will take to successfully complete our program.

❖ Investment Responsibilities

- ☆ Must meet all Assessment and Integration Level Responsibilities.
- ☆ ACTIVELY PARTICIPATE in school, groups and therapies offered
- ☆ Be able to discuss and actively plan discharge criteria – work with Social worker and mentor to develop a plan.
- ☆ Meet 80% of possible Rating Scale points.
- ☆ Complete routine medical expectations (that means taking your medications completing necessary medical treatment and labs) in a timely manner.
- ☆ Have a good working relationship with staff, mentor, and therapist.
- ☆ Be in bed by 9 PM Sunday – Thursday, and on Friday and Saturday by 9:30 PM.

❖ Investment Privileges

- ☆ All Assessment and Integration privileges.
- ☆ May play the cottage video game system or your personal hand held video game for 1 hour per shift during free time.
- ☆ May checkout the cottage portable DVD player or use your personal DVD player (limit 2 hours per day) during free time.
- ☆ Eligible for off-campus cottage outings.
- ☆ Eligible for special off-campus incentive outings.
- ☆ Allowance of \$2 per month.
- ☆ Three calls to friends (approved by your guardian, Treatment Team and written on your approved call list) per week (15-minute limit).

❖ Special notes about Investment Level

- ☆ All activities will be based on current behavior and will be at staff discretion.
- ☆ Minimum time spent on Investment Level before consideration of Trust Level is 14 days.
- ☆ Must earn 90% of the rating scale points for a request of advancement to the Trust Level.
- ☆ If youth has already been on Investment Level, and level has dropped, youth may move directly back to Investment Level once 80% of points are earned and staff approve of request in their weekly Team Meeting.

Level IV: Trust

The aim of this level is to demonstrate positive social roles, and to perform independently in as many situations that are reasonably possible, so you can test your readiness for discharge. You should be active in planning with your Treatment Team and mentor on accomplishing your discharge goals.

❖ Trust Responsibilities

- ☆ Must meet all responsibilities of Assessment, Integration, and Investment Levels.
- ☆ Practice POSITIVE SOCIAL ROLES in school, groups and therapies (staff will monitor).
- ☆ Manage and plan own community involvement with participation of staff (shopping, AA or other therapy groups, bank, activities, transportation, etc.)
- ☆ Work with mentor to write an autobiography to be shared with the Treatment Team.
- ☆ Get to and from school and on-campus appointments independently with treatment team approval.
- ☆ Meet medical and psychiatric expectations upon request.
- ☆ Meet 90% of the Rating Scale points. (If no Close Observation status indicated).
- ☆ Be in bed by 9:30 PM Sunday – Thursday, and 10:00 PM on Friday and Saturday.

❖ Trust Privileges

- ☆ All Assessment, Integration, and Investment privileges.
- ☆ May negotiate an individual contract for video games and personal electronics.
- ☆ Off campus incentive outings with larger youth-to-staff ratio.
- ☆ 1:1 outings with staff with prior approval.
- ☆ Five calls to friends (approved by your guardian, Treatment Team and written on your approved call list) per week (15-minute limit).
- ☆ May spend leisure/quiet times in alternate areas (TV room, on the patio, etc.).
- ☆ Various other privileges may be negotiated with staff.
- ☆ Allowance of \$2 per month.

❖ Special notes about Trust level

- ☆ All activities will be based on current behavior and at staff discretion.
- ☆ Any C.O. status, self-harm or harm to others, will result in a drop to Reassessment for 48 hours, and loss of Trust Level.
- ☆ If youth has already been on Trust Level, youth may move directly back to Trust Level once 90% of points are earned and staff approve of request.
- ☆ If youth is on the Close Attention program (CAP) and on Trust Level, that youth will receive all privileges of the Trust Level with the exception of personal articles allowed in rooms.

❖ A note about Grounds Privileges

- ☆ There are times when youths on Orcas Cottage are allowed to take walks on campus without staff present, and walks are usually no more than 15 minutes in length. These are referred to as Grounds Privileges.
- ☆ A doctor's order is required for Grounds Privileges.
- ☆ Grounds Privileges mark a very high level of trust placed in youths by staff, their families, and their communities. It is not a privilege given lightly and must be individually negotiated with staff and the Treatment Team.

Reassessment – Temporarily Suspending your Level

Reassessment Level involves the temporary suspension of privileges due to unsafe behavior. Any cottage, clinical, nursing, or psychiatric childcare counseling staff person is authorized to assign you to 24 hour Reassessment (a long Reassessment Level will need to be reviewed by the Treatment Team). Reassessment Level will be kept in place until you make reparation (repair) for what went wrong.

❖ Why youths get Reassessment

- ☆ Any major violation of community rules (see community rules section).
- ☆ If you don't "clear the floor" when requested by staff this will result in reassessment. This means you must be in your rooms with your doors closed.
- ☆ If you don't attend school or you are more than ½ hour late to school (unexcused).
- ☆ If a youth is on reassessment 3 times during the week, Sunday through Saturday, (3 strikes and you're out), then they will be on reassessment until the next Treatment Team meeting on the following Tuesday.
- ☆ Reassessment will result in loss of the Trust Level for any youth on that level. The highest level to which they may return until the next Tuesday Team Meeting after the Reassessment period is Investment.

❖ Expectations on Reassessment

- ☆ Bedtime will be 9 PM.
- ☆ You will not have the privileges of your level
- ☆ May attend supervised "ON-CAMPUS" therapy groups only.
- ☆ No game room visits.
- ☆ No "OFF CAMPUS" activities will be permitted while on Reassessment Level, except for predetermined therapeutic activities.
- ☆ Passes will be suspended if the behavior leading to reassessment is deemed dangerous.
- ☆ No access to the cottage video game systems or handheld systems (Gameboy), DVD, CD, MP3 players (items will be placed in your blue box until you are off Reassessment).

<u>Major Violations of Orcas Cottage Expectations</u>	<u>Consequences for Major Violations</u> <small>(selection of consequence will be decided by Staff/Treatment Team)</small>
<ul style="list-style-type: none"> ☆ Assault (hitting, kicking, pushing, spitting, biting, sexual assault). ☆ Sexual Behavior (even if everyone involved agree to it) including kissing and touching. ☆ Barricading (blocking your door so no one can get in) ☆ Breaking Confidentiality (telling someone else's personal information) ☆ Dugs, sharps, lighters, weapons, cell phones, aerosols, pieces of glass or harmful items not allowed. ☆ Destruction of Property. ☆ Disruptive Behavior that is dangerous to you 	<ul style="list-style-type: none"> ☆ Everyone who has a major violation will complete a chain analysis (with the help of staff) and a plan for repair and apology. ☆ Placed on Reassessment Level (if you are on the level system) or Off Program (if you are on the Incentive Program) until you finish your plan for repair and the Treatment Team determines a strategy for your reintegration into the program. ☆ Level Drop (dropping to a lower level and having to earn back a higher level)

<ul style="list-style-type: none"> or others ☆ Harassment, intimidation, or threats to others (including sexual threats) ☆ Serious Self-Harm ☆ Sneaking into the pod or rooms of other youths ☆ Stealing ☆ Unauthorized Leave, i.e. "running" (including planning and attempts) 	<ul style="list-style-type: none"> ☆ Community Service (doing extra chores or helping others). ☆ Restriction to either the cottage and/or campus ☆ Room Restriction (A doctor's order if required for a restriction of more than 30 minutes). ☆ Loss of Allowance ☆ Write a report about the violation explaining why the behavior was ineffective.
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<u>Minor Violations of Orcas Cottage Expectations</u>	<u>Consequences for Minor Violations</u> (selection of consequence will be decided by Staff/Treatment Team)
<ul style="list-style-type: none"> ☆ Contraband (prohibited, but not dangerous items) ☆ Horseplay ☆ Repetitive Verbal Abuse ☆ Being out of area ☆ Borrowing or lending personal items (plus any loss of said items) ☆ Disrespectful Behavior ☆ Foul language ☆ Minor inappropriate sexual talk ☆ Negative social roles ☆ Setting up peers. ☆ Activities not allowed on the cottage: Gambling, horseplay, wrestling, shadow boxing, etc. ☆ Trading, selling, bartering, or giving away personal possessions ☆ Talking about alcohol and drug abuse as a good thing ☆ Talking about illegal behavior as a good thing ☆ Talking about suicidal or self-harm behavior outside of therapy ☆ Passing notes without staff permission 	<ul style="list-style-type: none"> ☆ Complete a chain analysis (with the help of staff). ☆ Write an essay or poem or work of art explaining why the violation was ineffective (for getting your needs met). ☆ Letter(s) of Apology ☆ Community Service (doing extra chores or helping others). ☆ Room Restriction (A doctor's order if required for a restriction of more than 30 minutes). ☆ Restriction to either cottage and/or campus (depending on severity of behavior). ☆ 24-hour Reassessment Level (if on level system) or 24-hour Off Program (if on Incentive Program). ☆ May not spend points until reparation is made (if on Incentive Program).
<ul style="list-style-type: none"> ☆ Unexcused Absences From Treatment Groups and Activities 	<ul style="list-style-type: none"> ☆ Participating in treatment is essential for your progress in the Orcas program. If you do not attend Treatment Groups and activities, you will be placed on Re-assessment for the duration of that group and you will be expected to participate in an alternative activity at the staff's discretion, and you will complete a chain analysis about why you didn't go to group.

The Incentive Program

The Incentive Program (IP) is designed for youths who are more successful when they get immediate feedback for their behavior. This is how the IP program works: The staff gives you a copy of the point sheet at the start of the dayshift. Whenever you successfully complete a task, staff are to place a check mark at the appropriate task or behavior. In the feedback section, the staff will place a check mark for positive behavior or for negative behavior. You will earn a point for each positive behavior and you will lose a point for each negative behavior. At the end of the shift, the total number of check marks for positive behavior minus the total number of check marks for negative behavior is to be entered on the total points column. You can earn extra points for extra good behavior. Example: if you are upset but can still manage to follow directions you might be given 3 points. You can accumulate no more than 2000 points. Anything over 2000 points will be lost.

❖ Youth responsibilities & consequences

- ☆ It is your responsibility to have the point sheet with you at all times and available when staff ask for it.
- ☆ If you don't have it, or lose it, or refuse to give it to a staff person, the staff member will issue a new sheet for you and you will lose any points that were earned on the old sheet.
- ☆ If you continually refuse to hand over your point sheet or if you have difficulty keeping track of it, staff may keep the sheet for you, but you may lose points for not carrying the point sheet successfully.

❖ Spending Smiley Faces

- ☆ You will be encouraged to earn points but also to spend points.
- ☆ All of the privileges that come with levels have to be "bought" on the Incentive program.
- ☆ For example, if you are on the incentive program you have to "pay" for you outings with you points.

Spending Guidelines for the Incentive Program

Points	What you can buy or lose with your points
0 – 100 Points	Jerome store No off cottage outings except school and therapeutic recreation
101 – 150 Points	Jerome store Off cottage with Recreation/School staff only (no extra walks, not cottage outings, no "Recreation Participation" activities)
151 – 299 Points	Jerome store Off-Cottage activities with cottage or Recreation staff
300 – 399 Points	Jerome store Off-Cottage activities with Cottage or Recreation staff Gets preference for outings
400 or over	Jerome store Off-Cottage activities with cottage or Recreation staff

	<p>Gets preference for outings</p> <p>May use extra points for phone calls to friends (if they are on the approved calling list)</p> <p>May use points for one-to-one outings.</p>
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<u>What you can buy with your points</u>	<u>Points Needed</u>
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➤ \$1,000 in Jerome Bucks	100
➤ Play basketball (1:1 staff – 15 min)	200
➤ Special outing (at least 2-3 kids must want this)	1,000
➤ Canteen	80
➤ Time in game room	120/outing
➤ GP movies with popcorn	300
➤ Trip to big toy (at least 2-3 kids must want this)	300
➤ Trip to library	300
➤ Trip to Albertson's	1,000
➤ Movie outing	1,000
➤ Trip to Video Game Store	1,000
➤ Trip to McDonalds	1,500

<u>What you lose for negative behavior</u>	<u>Points lost</u>
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➤ Assaults	3/4 of all pts earned
➤ Not clearing floor (taking an emergency time-out)	2/3 of pts
➤ Assault	all points
➤ Lying	25
➤ Swearing	25
➤ Stealing	100 + no allowance until paid back
➤ Destruction of Property	100 + no allowance until paid back
➤ Not following Directions	25
➤ Entering other youth's rooms	1/2 of pts
➤ Barricading	1/2 of pts
➤ Self-harming behavior	1/2 of pts
➤ Unauthorized leave	all points

❖ **Off-Program – Temporarily suspending the Incentive Program**

- If you engage in behavior that seriously harms others (for example a serious assault against staff or peers, or telling a lie that gets a staff or peer into trouble), you may be placed Off Program. This means that for a set period of time you can neither earn nor spend points. Only the MD or Program Director can place you Off Program.

Sexual Safety Pathway (SSP)

The Sexual Safety Pathway is used when youths have difficulty maintaining safe social and sexual behavior. If you have difficulty following the basic sexual safety guidelines below the Sexual Safety Pathway (SSP) helps you to learn appropriate sexual boundaries. This program works by limiting your access to other youths when you are behaving in an unsafe manner, learning to understand the choices you make and developing effective problem-solving skills. This is a way for staff to monitor you more closely and provide you with more opportunities for coaching about safe behavior.

Sexual Safety Guidelines

DO'S	DON'TS
Maintaining arm's length distance between yourself and other youths	No kissing or sexual activity with other youths or staff
Quick side hugs with permission	No Frontal Hugging
Stay out of other youth's rooms	No unwanted or sexualized touching of other youths
Only change clothes in the bathroom or your own bedroom	No entering rooms of other youths
Use clean language	No flashing other youths or staff.
	No undressing within view of other youths
	No undressing within view of staff, unless medically required.
	No "dirty dancing" (dancing with pelvic thrusts or shaking breasts)

❖ Sexual Safety Pathway: Red Level

- You will be placed on the Red Level of the Sexual Safety Pathway if you display major violations of safety guidelines such as those listed below. If you are placed on the Red Level, you will be required to move to Yellow and then Green Levels before you are taken off the SSP entirely.
 - ☆ Touching sexually – consensual or nonconsensual
 - ☆ Kissing
 - ☆ Not maintaining your personal body privacy
 - ☆ Flashing
 - ☆ Violating personal body privacy of others
 - ☆ Peeping
 - ☆ Walking in
 - ☆ Being in the room with another resident.
 - ☆ Pattern of minor violations determined by the Treatment Team.
 - ☆ Re-violation of a "Yellow" Level violation.
 - ☆ Threats of "sexually" assaultive behavior.
 - ☆ Persistent use of sexually offensive language in a threatening manner.

❖ Sexual Safety Pathway Red Level Expectations

- ☆ Complete chain analysis (with staff help, if needed) describing events that led to placement on SSP and the skills that will keep you off the SSP.
- ☆ Must be in sight and within hearing distance of staff at all times unless alone in room or bathroom.
- ☆ You are not allowed in pods unless a staff member is present or no other youths are present.
- ☆ Must have a sexual safety check-in every hour with assigned staff and talk about any urges you may be having, and how you are maintaining your safety.
- ☆ You cannot have one-on-one interactions with other residents.
- ☆ May not leave the cottage for activities other than school and recreation therapy on campus unless MD or Program Director gives special permission.
- ☆ To move to Yellow Level, you must complete 3 days (72 hours) without having any problems, and showing that you are following all sexual safety expectations.

❖ Sexual Safety Pathway: Yellow Level

- You will be placed on the Yellow Level of the Sexual Safety Pathway if you display major violations of safety guidelines such as those listed below. If you are placed on the Red Level, you will be required to move to Green Level before you are taken off the SSP entirely.
 - ☆ Minor violations of safety guidelines
 - ☆ Frontal Hugging
 - ☆ Not maintaining adequate personal space – arms length apart
 - ☆ Breaking safe touching guidelines
 - ☆ Persistent use of sexual language in a non-threatening manner.
 - ☆ Pattern of “Green” violations determined by the Treatment Team
 - ☆ Re-violation of “Green” Level violation

❖ Sexual Safety Pathway Yellow Level Expectations

- ☆ Complete chain analysis (with staff help if needed) describing the events that led to placement on SSP and what skills will keep you off the SSP.
- ☆ Must be in line of sight of staff at all times unless alone in room.
- ☆ No one-on-one interactions with other residents.
- ☆ May not leave the campus for activities other than for school and recreation therapy unless MD or Program Director gives you special permission.
- ☆ Must have a sexual safety check-in every shift with assigned staff and talk about urges and what you are doing to maintain safety.
- ☆ To move to Green Level, you must complete 7 days (168 hours) without having any problems and you are/have been following all sexual safety expectations.

❖ Sexual Safety Pathway: Green Level

- You may be placed on the Green Level of the Sexual Safety Pathway if you display minor violations of safety guidelines such as:
 - ☆ Demonstrating ineffective problem-solving in stimulating situations (but no major guideline violations)
 - ☆ Not talking with staff or asking for help when sexual issues occur.
 - ☆ Listening to music with sexual content
 - ☆ Engaging in flirtatious or sexualized talk

❖ Sexual Safety Pathway Green Level Expectations

- ☆ Checking in with assigned staff once per shift.
- ☆ Practicing strategies to keep yourself and others safe.
- ☆ One-on-one time with other residents must be with staff permission.
- ☆ You must complete 2 weeks without having any problems and show you are/have been following all sexual safety expectations to move off the Sexual Safety Pathway program.

ORCA\$ WEEKLY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
7	Wake-up, Hygiene, Breakfast									
8:15	School	School	School	School	School	Wake-up and Hygiene				
9						Breakfast				
10						Recreation with David	Recreation With Jeanne			
11										
12										
Lunch										
1		Drug/ Alcohol Group with Kathrin	Relapse Prevention with Kathrin		CD Prevention Movie Group with Kathrin*					
1:30								Lunch		
2										
2:30	Kids Return to Cottage		Rec Activity During Intershift	Kids Return to Cottage						
3	Fitness with Hayley			Recreation Therapy Group	Dialectical Behavior Therapy (DBT)	Boys Build Therapy	Recreation with Kim	Recreation with Rec Staff		
3:30										
4		Cottage Fitness								
4:30										
5	Dinner									
5:30	COMMUNITY GROUP									
6	Therapy with Rec Staff	Individ ual Recrea tion with Jeanne	Recreation Therapy Group	Girls Recreation with cottage staff	Mens Group	Boys Rec with Cottage Staff	Girls Group/ Healthy Sexuality	Dr. Jon's Incentive Outing!!!!	Cottage Fitness	Cottage Fitness
6:30										
7										
7:30										
8										
8:30	WRAP GROUP – Last Requests-Hygiene-Good Bedtime Group									
9	Regular Bedtime					WRAP Group				
9:30	Bedtime for Kids on Trust Level					Regular Bedtime				
10						Bedtime for Trust Level				

 Light Grey = School hours
  Dark Grey = Therapy Groups/Activities